



Chingford League notes plus England Athletics update

Subject: Chingford League notes plus England Athletics update

Message from Billy Green October 16, 2020 11:31

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

CHINGFORD LEAGUE

Regarding next weeks Chingford League race meeting at Chingford Plains.

Delighted that we have 2 full teams but please note the following important point:- NO guests or spectators are allowed to attend.

Whilst 'personally' I think that with 300 runners racing, a few spectators are hardly going to be a problem PLEASE respect the integrity of our club and don't turn up unless you are in a team.

There will be Orion officials on the course and they will report back to clubs any violations. Orion have had to overcome a lot of hurdles to get a license for this race - don't spoil it for them or us.

The Good news however is that people who are disappointed that they cant run the same course CAN virtually later in the weekend (later Saturday afternoon or Sunday before 6pm). If they submit a time from their garmin or whatever, Bob Jousiffe will include it in the individual categories (but obviously not the team champs). If you are interested get back to me and I will request a course map.

ENGLAND ATHLETICS CLUB SUPPORT UPDATE.....

Please find below the following communication to the club from England Athletics giving detailed information on returning to training, events, webinars etc.

(if any of the links don't work because of the way your email is formatted, please contact me and I will send you the original document)

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Dear All

Thank you to everyone in your clubs who took the time to make a nomination in this years Volunteer Awards Programme. Over the last couple of weeks we have been sifting through the nominations and Regional Councils have now convened local panels and made decisions on winners and runners up to create a shortlist in every region. Over the next week we will be contacting everyone concerned to invite them to a regional awards ceremony that will be



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held via the Zoom platform. We are hoping to be in a position to stream these events live so watch this space for more information.

Recent changes to Return to Activity Guidance

Late last week we had confirmation from DCMS and Sport England that due to Athletics and Running being classed as an individual sport, indoor training for over 18's can take place in groups larger than six. There are specific conditions / restrictions in place for this to be allowed:

- Clubs / Coaches can only be Coaching and Leading athletics and running training sessions
- Sessions must be taking place in an organised club or group setting
- Sessions must be taking place within a COVID secure environment
- Sessions must be meeting restrictions and guidance placed locally by the venue

The above is now reflected in various guidance documents that can be found at

www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/

Webinar and Training opportunities

□ Our next dedicated Club Support Webinar is scheduled for Wednesday 28 October and will focus on – Coach Education, plans for 2021. We will update you on future plans to deliver coach education and training over the next few months, cover some of the key changes and highlight timescales and processes involved. Click here to book a place on this session.

□ Wednesday 4 November – Cross Country guidance, FAQ's and update from the pilot events. Click here to register for this session.

□ Wednesday 11 November –

How to deal with club disputes.

This is a re-run of the popular webinar that was delivered over the summer and will guide you through processes and resources developed by EA as well as top tips for making this process as smooth as possible.

To book a place click here

□ The next RunTogether Webinar takes place on 20 October and focusses on the digital platforms and Apps. For more information and booking details please visit the RunTogether website runtogether.co.uk/about/monthly-news/learning-and-getting-together-with-support-



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[webinars/](#)

Time to Listen course dates released

Below are details of the next four online Time to Listen Courses. A number of places have already been taken by people who pre-registered on our waiting list so please pass this on and encourage anyone who wants to attend to book a place quickly.

- Monday 26th October 2020; Online through Zoom: 6pm to 9:30pm
- Wednesday 28th October 2020; Online through Zoom: 6pm to 9:30pm
- Saturday 7th November 2020; Online through Zoom: 9am to 12:30pm
- Monday 16th November 2020; Online through Zoom: 6pm to 9:30pm

To book please visit www.athleticshub.co.uk/course-list/eng?what=Time%20%20Listen

If you would like to discuss any of the above or if there are any other areas that we can support you with please get in touch

Stay safe

Thanks

Club Support Team

If you need to respond to this email please do not reply but contact Billy Green separately